



Dr. Hagan Throwing Program

The throwing program is designed as a method for *gradual* return to throwing sports. It should be initiated when indicated by your physician, athletic trainer, or therapist. This program may be performed up to four times per day, with a *minimum* two hours between sessions. The goal is to return the athlete to a modified activity, while preventing further injury. There is a *high risk of reinjury* if the shoulder muscles are allowed to become fatigued. Short throwing sessions several times per day allow more throwing with less fatigue, and therefore less risk of injury.

Progression from one phase to the next will be determined by your athletic trainer or physical therapist. Be sure to ice and stretch after each session.

Warm up: Total warm up should last 15-20 minutes. It should include easy stretching, light tosses (10-15 ft)

- I. **Phase one**
 - a. 4 minutes of long toss, centerfield to 2nd base on a roll (80-150 ft) followed by 4 minutes short toss, 30 ft work up to half speed
- II. **Phase two**
 - a. 4 minutes of long toss, centerfield to 2nd base on one bounce, followed by 4 minutes short toss, 60 ft half speed
- III. **Phase three**
 - a. 4 minutes of long toss, centerfield to 2nd base on the fly, followed by 4 minutes short toss, 60 ft $\frac{3}{4}$ speed
- IV. **Phase four**
 - a. 4 minutes long toss (as in phase three)
 - b. 4 minutes short toss, 60 ft work up to full speed

**If you are a pitcher, throw $\frac{3}{4}$ speed off the mound, gradually working up to full speed.
Gradually add breaking balls.